

Asparagus Soup with Tarragon

From chef/instructor Linda Steidel, 2012 (also from Food & Wine, 2011)



Servings: 6

1. In a large pot melt the butter. Add onion, cover and cook over moderate heat, stirring, until softened, about 5 minutes. Add asparagus and cook for a minute. Add broth and simmer until asparagus is tender, about 10 minutes.
2. Add the 1/4 cup tarragon, parsley and peas. Working in batches, puree the soup in a blender. Return soup to the pot, add cream and rewarm. Season with salt and white pepper to taste, then garnish each bowl with more tarragon leaves and the lemon zest.

Yield: 6 cups

Per Serving (excluding unknown items): 114 Calories; 8g Fat (63.7% calories from fat); 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 24mg Cholesterol; 1451mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Sensational and creamy but it only has 1/4 cup cream in it!

- 2 tablespoons unsalted butter
- 1 medium onion, thinly sliced
- 1 1/2 pounds asparagus, cut in 1" pieces
- 1 quart chicken stock
- 1/4 cup fresh tarragon, plus more for garnish
- 1 tablespoon Italian parsley
- 1/2 cup frozen peas, baby peas, thawed
- 1/4 cup heavy cream
- Salt and freshly ground WHITE pepper to taste
- Finely grated lemon zest for garnish

Serving Ideas: These are just wonderful served with Parmesan Shortbread Coins on the side.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>